



Classes are \$13 casual rate, \$95 Ten class Pass or \$80 Monthly unlimited

Please note- No classes on Public Holidays

For beginners Yoga and Meditation Course start dates see website

1 Kinzett Tce Nelson - around the back & above Results Gym



www.studioevolve.co.nz email info@StudioEvolve.co.nz 0275709985 035451907

MONDAY

6.30-7.45AM
KUNDALINI
YOGA

9.30-10.30am
NIA

5.45-7.15pm
VINYASSA
FLOW YOGA

7.30-8.30pm
BEGINNERS
YOGA COURSE

TUESDAY

9.30-10.45am
FLOW YOGA

5.45-7.15pm
GENTLE
YOGA

WEDNESDAY

6.30-7.45am
KUNDALINI
YOGA

9.30-10.45am
YOGA FUSION

5.45-6.50pm
NIA

THURSDAY

9.30-10.45am
KUNDALINI
YOGA

5.45-7.15pm
YIN YOGA

7.30-8.30pm
BEGINNERS
MEDITATION
COURSE

FRIDAY

6.30-7.45am
KUNDALINI
YOGA

9.30-10.30am
NIA

SATURDAY

9.00-10.30am
VINYASSA
FLOW YOGA
